

Granola Bars

Ingredients:

Non stick cooking spray 1 cup honey 3/4 cup peanut butter 1 carrots 3 1/2 cups rolled oats 1/2 cup raisins 1/2 cup coconut flakes

Equipment:

Medium saucepan Measuring cups Measuring spoons Grater 9 x 13 baking pan Spatula

Number of Servings: 12 Preparation Time: 20 minutes Total time: 20 minutes

Directions

- 1. Spray a 9 x 13 baking pan with non stick spray, set aside.
- 2. Heat honey and peanut butter together in large saucepan until melted. Stir often.
- 3. While honey is heating, wash a carrot and use a grater to shred it into pieces.
- 4. Remove saucepan from heat, add carrots, rolled oats, raisins and coconut flakes ,mix well.
- 5. Spray 9 x 13 baking pan with cooking spray, pour mixture into pan and press firmly. Let cool slightly.
- 6. Cut into 12 bars. If you prefer crunchy bars, bake at 350°F for 25 minutes.



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Serving Size: 1 Servings: 12		Facts				
Amount Per Servin	ıg					
Calories 308		Calories from Fat 99				
		%Daily Value*				
Total Fat 11g			17%			
Saturated Fat 3g			14%			
Cholesterol Omg Potassium 280mg Sodium 88mg Total Carbohydrate 49g			0% 8% 4%			
				16%		
				Dietary Fiber 4g		
			Protein 8g			17%
Vitamin A 34	%	Vitamin C	1%			
Iron 9	%	Calcium	25%			

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